

# IRVING RECREATION CENTER



## AFTER SCHOOL YOGA CLASSES! Thursdays in October, 3:15-4:00 p.m.

Irving Rec. Center is teaming up with our friends at Lincoln Yoga Center to provide FREE classes after school to Irving students who have paid our daily drop-in fee (\$1.75)! Benefits of yoga include relaxation, increased focus, and improved flexibility and athletic performance.



### IRVING RECREATION CENTER

**COUPON GOOD FOR 2 FREE ADMISSIONS OCT. 3, 2013!**

**BRING A FRIEND!** Present this coupon on Thursday, Oct. 3 to receive free admission for yourself and a friend to attend Irving Rec. Center's first yoga class from 3:15-4:00 p.m.



YOUR NAME: \_\_\_\_\_ FRIEND'S NAME: \_\_\_\_\_